

# THE SOUTH FLORIDA WARRIOR

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Reserve Base Joint Service Monthly Newsletter

October 2012

*Homestead Air Reserve Base  
prepares for its  
**Wings Over Homestead**  
air show featuring  
the **Air Force's Thunderbirds**,  
Nov. 3 and 4.  
Admission and parking  
for the air show  
is free to the public.*

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- HARB brings grocery savings to troops
- Suicide intervention: from crisis to counsel
- Servicemembers help local church refurbish roof
- Base food drive helps fight homelessness

*Army-Navy-Air Force-Marines-Coast Guard-U.S. Customs and Border Protection*

# HARB brings grocery savings to troops

by Staff Sgt. Lou Burton  
482nd Fighter Wing Public Affairs

The ever rising cost of basic necessities can be a financial burden for some families. Typically for military families that cost is offset by the base commissary. For Homestead Air Reserve Base, a commissary can't get here fast enough, so the Defense Commissary Agency hosted a case lot sale to bring substantial savings on groceries to local servicemembers, Sept. 7-9.

"The case lot sale was an extraordinary offer for our military families in South Florida," said Ms. Alice Fields, 482nd Director of Services. "They were able to pre-order goods online and have them organized and ready for pick-up."

The event sold \$80,000 worth of goods. It was located behind the Base Exchange and open to all servicemembers and dependants with a valid Department of Defense identification card.

Along with pre-ordered goods, servicemembers were able to shop an on-site sale that offered everything from groceries to diapers. The vast array of food items and products sold offered an average of more than 30 percent savings.

"The case lot sale was great," said Lt. Col. Mike Lesman, 482nd Operations Support Squadron, Director of Operations. "My wife was a bit hesitant at first shopping the online site, but after she saw all the products we already use at such a great price, she was



The discounts and savings offered at the commissary sale brought out military members like Tech. Sgt. Brittany Stokes, 482nd Base Historian. "The prices are great and the coupons they offer make the cost unbeatable," said Stokes. The next sale will be Feb. 8-10, 2013, with online pre-sales available from Nov. 19, 2012 to Jan. 10, 2013. (U.S. Air Force photo/ Staff Sgt. Lou Burton, 482nd Fighter Wing Public Affairs)

all for it. Everyone working the sale were very helpful and pleasant."

Servicemembers are strongly encouraged to partake in these savings in order to bring future case lot sales back to Homestead Air Reserve Base.

The next sale will be Feb. 8-10, 2013, with online pre-sales available from Nov. 19, 2012 to Jan. 10, 2013. Members are encouraged to go online and pre-order because the selection is more expansive and it helps determine what items are in demand and will be brought to the on-site sale. The website to order online is [www.commissaries.com/guard\\_reserve\\_sales.cfm](http://www.commissaries.com/guard_reserve_sales.cfm)



## THE SOUTH FLORIDA WARRIOR

**Col. Donald R. Lindberg, 482nd Fighter Wing Commander**

**Mr. Timothy Norton, 482nd Fighter Wing Public Affairs Chief**

**PA Staff:**

**Mr. Ross Tweten**

**Tech. Sgt. Leo Castellano**

**Staff Sgt. Lou Burton**

**Tech. Sgt. Bryan Yale**

**Senior Airman Jacob Jimenez**

**Senior Airman Jaimi Upthegrove**

This Air Force Reserve online magazine is an authorized publication for members of the U.S. military services, family, and friends of the Homestead Air Reserve Base.

Contents of the South Florida Warrior are not necessarily the official views of the U.S. government, the Department of Defense, or the Department of the Air Force.

All photos are Air Force photos, unless otherwise indicated.

Content is provided by the Homestead Air Reserve Base, its tenant units, and military publications. The content is edited and prepared by the 482nd Fighter Wing public affairs office, 29050 Coral Sea Blvd, Homestead Air Reserve Base, FL, 33039.

For more information, call public affairs commercially at (786) 415-7330. DSN: 597-7330. E-mail submissions and questions to [Timothy.Norton.2@us.af.mil](mailto:Timothy.Norton.2@us.af.mil).



# Suicide intervention: from crisis to counsel

by Ross Tweten

482nd Fighter Wing Public Affairs

Modern life is complex. While the military life attempts to simplify things, the mental and emotional stresses servicemembers deal with are vastly more complex than the average modern American.

These stresses can pile up and life becomes seemingly unmanageable or unbearable over time.

It should come as no surprise that, just as regular Americans, servicemembers sometimes seek to solve their complex temporary problems with a permanent solution ... or non-solution.

As servicemembers try to reconcile these complex military stresses combined with other stresses, it's important to remember there are a myriad of services and people available, armed with the knowledge and expertise needed to help intervene, when servicemembers are contemplating the most grave of prospects.

Suicide intervention is the act of counseling and helping people who are actively contemplating suicide or have contemplated suicide within the past four days or have reoccurring thoughts of suicide consistently and have a plan for completion.

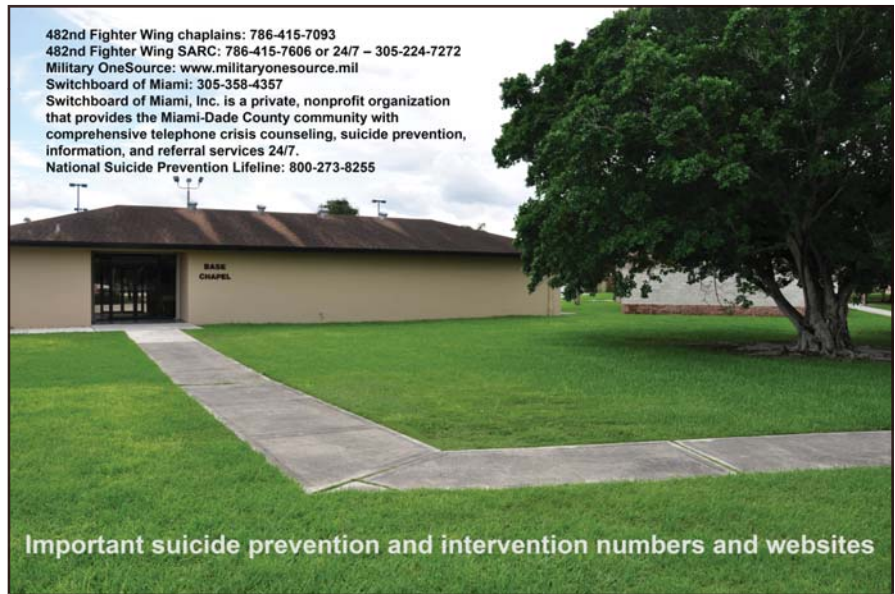
Here at Homestead Air Reserve Base, the chaplains play a vital role in suicide intervention, helping those who are at the end of their rope.

"The ultimate goal of the intervention is to help people by providing the counseling necessary to pull them out of their crisis as well as helping them find the resources available, of which there are many, to get them the proper care," said Chaplain (Capt.) Ryan Ayers, 482nd Fighter Wing chaplain.

Ayers stresses the importance of talking to someone, whether it's a professional or a friend, but should individuals wish to speak with their chaplain, they can have the peace of mind that their best interests and confidentiality take precedence.

"People should have zero fear about coming in and talking to a chaplain about any problem, big or small," he said. "We offer 100 percent confidentiality. We take that very seriously."

Suicide is a serious issue throughout the Department of Defense. According to recent statistics, one



servicemember commits suicide every day, an increase from the previous year, reaffirming the importance of bases having suicide intervention programs.

"We want to find out what the root cause of the suicide issue is," said Ayers. "Why are they thinking about it, what are the stressors involved?"

The tools and resources available to help those in need are countless. And these tools are available to active duty, guard and reserve, veterans, retirees, and family members. And not only are three chaplains available, but the base Sexual Assault Response Coordinator, Veronica Sforza, is available to provide and find the resources needed for those who are either in a crisis or contemplating suicide. Ms. Sforza is a licensed clinical social worker and is trained in suicide prevention and intervention.

"There are services available out there and I know how to find them," said Sforza. "When people are depressed or anxious and they can't figure out where to go and who to talk to, they can tell me their problem and I can help them find an answer."

Just like speaking with a chaplain, Sforza also provides confidentiality.

"We're coming from a culture where people are frightened to talk about mental health even when we're living in a world that is filled with confidentiality and HIPAA rules," she said. "These rules are in place to protect people's privacies."

HIPAA, or the Health Insurance Portability and Accountability Act, was enacted by the United States

# Sevicemembers help local church refurbish roof

by Army Sgt. 1st Class Alex Licea  
Special Operations Command South Public Affairs

Servicemembers from Homestead Air Reserve Base gathered together to help repair the roof of the St. Matthew's Baptist Church in Florida City, Fla., Sept. 18.

For more than 60 years, the St. Matthew's Baptist Church has been a part of the Florida City community. It has become an epicenter, where residents gather for neighborhood events and Sunday morning religious services.

Residents have gathered for neighborhood events and Sunday morning religious services at St. Matthew's Baptist Church for more than 60 years. However, years of wear and tear have left the church's roof damaged with large holes, rotting wood, and deteriorated roof shingles. It was a big concern for the church's owner Elijah Dukes, whose family has owned the building since the 1950's.

The much needed assistance came as a welcomed surprise to Dukes when members of the Homestead Military Affairs Committee recruited the help of servicemembers assigned to Special Operations Command South, 482nd Fighter Wing, Homestead Job Corps, and other local business and organizations to help fix the badly damaged roof.

During the week-long roofing project, SOCSOUTH servicemembers helped improve the damaged area by replacing the old wood, felt and shingles with brand new materials. Many of the roofing supplies were donated by the Homestead Lowes Home Improvement store.

Army Lt. Col. Stewart Mason, SOCSOUTH Headquarters Commandant, said it's important for military members across the base to look outside of their military jobs and set an example for others to follow by helping the community.

"As leaders, it's important that we not only talk about action, but we go out and actually make it happen," said Mason. "It's not just military activities that we need to be a part of."

Air Force Tech. Sgt. Greg Sowinski, who also



From left: Special Operations Command South servicemembers, Air Force Tech. Sgt. Greg Sowinski and Army Lt. Col. Stewart Mason take off old roof shingles from St. Matthew's Baptist Church in Florida City, Fla., Sept. 18, as part of a weeklong project to help fix the deteriorated roof. SOCSOUTH, 482nd Fighter Wing, Homestead Job Corps and several organizations were involved in helping repair the 60-year-old building as part of the community outreach program where military members assigned to Homestead Air Reserve Base, Fla., help residents in the surrounding areas. (Department of Defense photo/Army Sgt. 1st Class Alex Licea)

works with SOCSOUTH, spoke about how a project like this helps give the military a good image across the local community.

"I like when people see us out helping others in the community because it shows us in a way most people don't typically see," said Sowinski.

For Dukes, the help on his building couldn't have come at a better time.

"This project was really needed for some time, and this group of people are a godsend. All I can say is thank you, and that is coming from a sincere heart," said a teary-eyed Dukes. "What these groups of people have done here in two days would have taken me five or six years, and it was something I didn't expect. I am full of joy."

Mason hopes projects like this are the first of many which the command can get involved in throughout the community.

"As a command, we need to be more involved in our community because we are helping our neighbors and it helps us become more well-rounded individuals."

St. Matthew's Baptist Church is located on the corner of Lucy St. and 12th Ave. in Florida City, Fla.





## HARB Honor Guard presents colors for Dolphins' game

Members of the Homestead Air Reserve Base Honor Guard present the colors for the National Anthem before the Miami Dolphins took on the New York Jets at Sun Life Stadium in Miami Gardens, Fla., Sept. 23. (courtesy photo)



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**- 1 in 5 Americans have used an app for emergency information. Mobile apps and social media are tied as the 4th most popular source of information during an emergency.**



**- The 482nd Fighter Wing Public Affairs Office welcomes story ideas about Team Homestead events and activities; honors and awards; and programs and initiatives. Email story ideas and announcements to [482fw.pa@us.af.mil](mailto:482fw.pa@us.af.mil)**

Visit [www.homestead.afrc.af.mil](http://www.homestead.afrc.af.mil)  
for the latest news, photos and updates  
on Homestead Air Reserve Base.



## FY 2013 UTA Schedule

OCT 27-28  
NOV 3-4  
DEC 1-2  
JAN 12-13  
FEB 9-10  
MAR 2-3



APR 6-7  
MAY 4-5  
JUN 1-2  
JUL 13-14  
AUG 3-4  
SEP 7-8

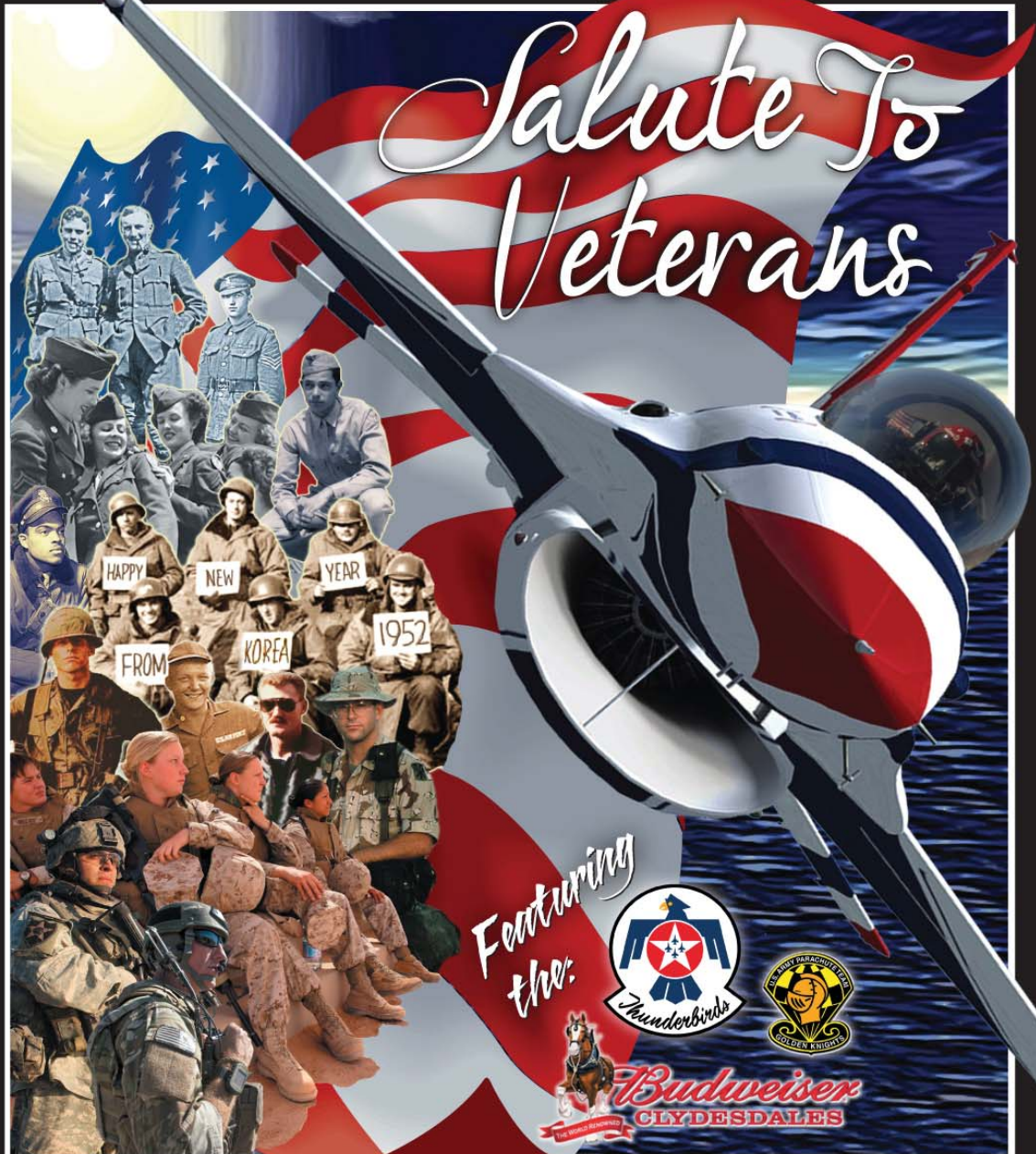


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## 482ND FW TEAM HOMESTEAD SPOTLIGHT

### Coast Guard Petty Officer 2nd Class Robert Mundo

U.S. Coast Guard Maritime Safety and Security Team  
Maritime Law Enforcement, Advance Interdiction Team  
Total time in service: 5 years -- Deployments: 2



*"The Coast Guard has taught me that I'm capable of whatever I set my mind to."*

*"I love the camaraderie our team has-- that we know how to adapt and overcome."*

## Operations Support Squadron change of command

by Staff Sgt. Lou Burton  
482nd Fighter Wing Public Affairs

During a brief change of command ceremony for the 482nd Operations Support Squadron, Lt. Col. Robert R. Tofil relieved Lt. Col. John G. Poor, Sept. 8.

Poor was recognized for outstanding service to the United States while assigned to 482nd OSS and the 93rd Fighter Squadron at Homestead ARB from Sept. 30, 2009 to May 28, 2012.

"I am honored to be given this opportunity to work with such an outstanding unit," said Tofil.

Tofil was the Assistant Deputy Commander of Operations and flight commander for the 69th Fighter Squadron at Luke Air Force Base, Ariz. With more than 2,000 flight hours, Tofil is an F-16 instructor pilot and mission commander with a Masters Degree in Aeronautical Science.



Lt. Col. John G. Poor (left) and Lt. Col. Robert R. Tofil render a salute during the playing of the National Anthem during the 482nd Operations Support Squadron's change of command ceremony, Sept. 8. (U.S. Air Force photo/Staff Sgt. Lou Burton)



# Chief Chang's legacy

by Senior Airman Jaimi Upthegrove  
482nd Fighter Wing Public Affairs

Mentorship; this is what set apart Chief Master Sgt. Lawrence H. Chang in his 32 years of service.

"For many years he was the absolute source for mentorship for Airmen on base", said Chief Master Sgt. Katdo Robinson, 482nd Maintenance Squadron superintendent.

Chang was honored during a retirement ceremony at Homestead Air Reserve Base, Sept. 8.

Chang entered the Air Force on June 25, 1980. He served as an administrative specialist at Ellsworth AFB, S.D.; Kunsan AB, South Korea; and Homestead Air Force Base, Fla. He then joined the Air Force Reserve at Homestead and has served in various positions as administration specialist, personnel specialist, training technician, first sergeant, vehicle operations superintendent, and Command Chief Master Sergeant.

Chang also served as Command Chief Master Sergeant for Tenth Air Force, Naval Air Station Joint Reserve Base, Fort Worth, Texas; and the chief force development for the Chief of Air Force Reserve, Pentagon, Washington D.C. He has been deployed to Turkey, Afghanistan, Qatar, and served temporary duty as U.S. SOUTHCOM, J-5 Human Rights Division, and Miami, Fla.

"Chief Chang has had a significant impact on Homestead ARB," said Robinson. "He spent more than 21 years here mentoring and leading Airmen and sharing his vision. His friends and family are in Homestead, so he requested to hold his retirement here. We were more than happy to oblige."

Retirement ceremonies are how the base honors the families, the service of the individual and are



Chief Master Sgt. Lawrence H. Chang shares his philosophy on mentorship during his retirement ceremony at Homestead Air Reserve Base, Sept. 8. (U.S. Air Force photo/Senior Airman Jaimi Upthegrove)

a way to encourage the junior Airman to leave behind a legacy.

"These ceremonies help us to honor the families of the service member and to give the young Airmen something to aspire to," said Robinson.

According to the numerous speakers and well wishers at his retirement ceremony, Chang has inspired and pushed many Airmen to enhance their career. He is most credited with pushing Airmen to work on their professional military education and to always give personal service and attention to everything they do. He has impacted an infinite amount of people and continued to touch lives and encourage during his ceremony. This was accomplished by being honest, available, approachable, and humble.

"People were drawn to Chief Chang," said Robinson. "He was approachable, regardless of how much authority he gained and he never lost his ability to remain humble. He was never self-serving when he would mentor and he would tell you honestly what the right thing for you to do was, without any thought to his own recognition for assisting."



# Base food drive helps fight homelessness

by Staff Sgt. Lou Burton  
482nd Fighter Wing Public Affairs

During the annual Feds Feed Families food drive, Homestead Air Reserve Base personnel raised more than 1,300 pounds of food and diapers, which the base donated to the Chapman Partnership, a local organization helping to combat homelessness in South Florida, Aug. 30.

"We donated canned food, dry goods, baby food and diapers," said Capt. Damien Miller, Homestead Air Reserve Base food drive organizer. "The support from the base was overwhelming. Our people really were glad to help out the community."

The Chapman Partnership has two locations in south Florida; one in downtown Miami and the other in Homestead. Both locations fill to capacity on a regular basis and the need for donations is great.

"Our facility provides three meals a day for 300 people" said Ms. Sharon Haxton, Volunteer and Community Liaison for Chapman Partnership.

"That is 900 meals being served at our facility on a daily basis."

In addition, Chapman Partnership provides starter kits for individuals as they advance out of the program.

"The food care packages are just another way we help families transitioning from our shelter to more permanent housing," said Haxton. The need goes beyond just food.

"We have over 100 children in our facility," said Haxton. "With the school year beginning we had to fill the need for supplies, backpacks and essentials. While we were able to gather enough supplies to start our kids off right, we are always accepting these types of donations for year-round support."

"Chapman Partnership is dedicated to helping individuals and families grow strong," said Mr. H. Daniel Vincent, Executive Director of Chapman Partnership. "Our program goes above and beyond to find every possible solution to help people get back on their feet."

Keeping with the above and beyond mentality, Chapman Partnership provides a dog kennel for the those who need shelter but do not want to leave their four-legged family member behind.

"We are the only facility to offer this type of service,"



Homestead Air Reserve Base donated more than 1,300 pounds of non-perishable goods during the Feds Feed Families Food Drive on Aug 30. The items were donated to the Chapman Partnership, a local organization helping to combat homelessness in South Florida. Front from left to right: Maj. Daniel Moreno Jr., 482nd Logistics Readiness Squadron, Mr. Tom Pilla, Chapman Partnership Food Service Manager, Ms. Sharon Haxton, Volunteer and Community Liaison for Chapman Partnership, Chief Master Sgt. Cameron B. Kirksey, 482nd Fighter Wing Command Chief, Capt. Damien Miller, Homestead Air Reserve Base Food Drive Coordinator, Mr. Chris Fischer, Chapman Partnership Assistant Food Service Manager. Back: Staff Sgt. Serane Townsen, 482nd Logistics Readiness Squadron and Senior Airman Jacques Fenelon, 482nd Logistics Readiness Squadron. (U.S. Air Force photo/Staff Sgt. Lou Burton)

said Haxton. "That means even dog food is a necessity for our facility."

Chapman Partnership offers a variety of services to help people get back on their feet. From a benefits specialist, job placement, housing coordinators, to medical care and counseling services, the organization seeks to move people into more stable housing placement.

For those seeking help who are homeless, facing homelessness, or those that see someone and want to send out help anonymously, call the Miami-Dade County Homeless Trust at 305-576-9900.

"To receive services from the Chapman Partnership or various other support programs, people must first get a referral through the Miami-Dade County Homeless Trust," said Haxton. "The best part about the help line number is, if you see someone in need you can call it anonymously and a representative will go to that location to see what assistance they can offer."

This is the second year that Homestead ARB has participated in the food drive program. So far over 2,300 pounds of goods have been donated to Chapman Partnership.



# HOMESTEAD BASE CHAPEL



WING CHAPLAIN, MAJ ANDREW PAK, FW, OG, MDS  
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 CHAPLAIN, CAPT, RYAN AYERS, MSG, TENANT UNITS  
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 WEDNESDAYS  
 1130-1230

BIBLE STUDY  
 WEDNESDAY 1900

WEEKLY SUNDAY CONTEMPORARY WORSHIP  
 BASE CHAPEL 1100-1200

AIRMAN MINISTRY CENTER  
 UTA WEEKENDS

PRE-UTA PRAYER LUNCH  
 FRIDAY BEFORE UTA 1130-1215



# Homestead holds annual individual ready reserve muster

by Senior Airman Jacob Jimenez  
482nd Fighter Wing Public Affairs

Homestead Air Reserve Base hosted its annual muster for members of the Air Force Individual Ready Reserve, Aug. 17.

Each year, IRR members within a 150-mile radius of the base assemble on base to verify their mobilization readiness and accountability.

The muster had 60 IRR members participate and featured a myriad of events such as a veteran's administration brief, medical screening, identification card issue, updating of personal data, and civilian employment information update.

IRR members are composed of former active duty, guard and reserve servicemembers who have time remaining on their military service obligation or on a contracted agreement. Until the end of their obligation they are assigned to the IRR. IRR members do not participate in military activities unless a time of national emergency declared by the president and they are activated.

An individual assigned to the IRR receives no pay and is not obligated to drill, conduct annual training, or participate in any military activities except for



Tech. Sgt. Randi Ferebee, 482nd Fighter Wing, Installation Personnel Readiness chief, hands an individual ready reserve member their paperwork during Homestead Air Reserve Base's annual muster, Aug. 17. The muster had 60 IRR members participate and featured a myriad of events such as a Veteran's Administration brief, medical screening, identification card issue, updating of personal data, and civilian employment information update. (U.S. Air Force photo/Senior Airman Jacob Jimenez)



Tech. Sgt. Jacklyn Pacheco, 482nd Fighter Wing Financial Management and Comptroller, helps an individual ready reserve member with their paper work during Homestead Air Reserve Base's annual muster, Aug. 17. (U.S. Air Force photo/Senior Airman Jacob Jimenez)

periodic muster activities.

"The muster is an essential tool for mobilization that lets us see how quickly and effectively we can assemble our IRR," said Ms. Debra Young, Air Reserve Personnel Center.

The ARPC is responsible to ensure IRR members can be called upon when the need arises such as it was in Operation Desert Storm and Operation Desert Shield.

IRR member's mobilization capabilities are evaluated on their performance and attendance of musters and exercises. Musters also help maintain accountability and status of IRR members.

In addition to other activities during the muster, IRR members were briefed on the benefits they're eligible for such as healthcare and GI bill benefits.

"This muster gave me an update of the benefits available to me and was very informative," said Mr. John Kautz, IRR member.

Musters are helpful to IRR members and the Air Reserve Personnel Center, and are mandated by law.

# Airmen receive new instruction on standards, culture

by Tech. Sgt. Shawn Jones  
Air Force Public Affairs Agency

JOINT BASE ANDREWS, Md. (AFNS) -- When referencing fundamental standards, Airmen now have a single source: Air Force Instruction 1-1, Air Force Standards.

As one of the capstone acts of his 39-year career, Gen. Norton A. Schwartz, Air Force chief of staff, put his signature on the brand new instruction, which communicates in one document the required standards of conduct, performance and discipline expected of every uniformed Airman.

The instruction - the first and only to be signed and certified by the chief of staff - was preceded by Air Force Policy Directive 1, Air Force Culture, in which the secretary of the Air Force directed the chief of staff to develop and execute policy related to standards.

The new instruction is noteworthy not because it offers many new standards, but because it consolidates many of the standards that had been spread among many separate instructions, officials said. In a single document, the instruction conveniently summarizes the expected standards of conduct for uniformed Airmen.

The intention for the instruction is to serve as a compass, providing a convenient overview of standards while directing Airmen to other instructions where more detailed information may be found, officials said.

Having a one-stop shop for standards-related guidelines has long been absent in the Air Force. In fact, the vast majority of the new instruction's initial content and structure were borrowed from the now outdated Air Force Regulation 30-1, Air Force Standards, which was not replaced until the early 1990s when Air Force instructions replaced Air Force regulations.

In December 2011, Schwartz directed the Air Staff to develop the new instruction. Much of the heavy lifting related to coordinating and drafting the instruction was performed by Scott Martin, a legal adviser on Schwartz's senior air staff counsel.

"We needed to capture and consolidate the existing Air Force standards," Martin, a 23-year veteran who retired as a colonel in 2010, said.

From cover to cover, the instruction counts 27 pages, broken into three chapters.

The first chapter, the Air Force environment,



focuses on topics such as core values, customs and courtesies, force structure and diversity. According to the chapter overview, the Air Force environment "encompasses the actions, values and standards we live by every day."

The second chapter focuses on standards of conduct, including sections on professional relationships, ethics, drug and alcohol abuse, and government neutrality regarding religion.

The instruction's final chapter addresses standards related to dress and appearance, fitness and housing.

Martin said that while he borrowed a lot from the old regulation, it was incomplete for today's Air Force since so much had changed in the past two decades.

"We updated it and brought it up to the 21st century to address contemporary challenges that Airmen face," he said.

Some of those updates include standards related to relationships on social media, the wingman concept, resiliency, sexual assault prevention and response, tattoos and body piercing, and the Joint Ethics Regulation.

Martin said he expected the instruction to become a valuable resource for educating today's Airmen.

"If you have a young Airman who's not quite getting it, this will be a great tool for a mentoring session," he said. "Every Airman should periodically review these standards of conduct to assure he is living up to what the Air Force expects of him every day."

(Editor's note: AFI 1-1, Air Force Standards, and AFPD 1, Air Force Culture, can be found on [www.e-publishing.af.mil](http://www.e-publishing.af.mil).)



## INTERVENTION

### FROM PAGE 3

Congress in 1996. One of its major provisions requires privacy and security of patient information.

Both Ayers and Sforza urge individuals in crisis to seek help before their crisis reaches the point to where it's unbearable.

"If people don't get the help they need, then they're just going to go deeper and deeper into that suicidal thought process," said Ayers. "Eventually they'll have a plan; eventually they'll try to carry it out."

According to Sforza, it's difficult for people to realize they may need help.

"Sometimes people don't recognize the line--that line where the issue crosses from something that a person can handle to something a person can't handle," she said. "Some people don't know where that line is. That's why it's so important to step outside and ask somebody else. If you recognize that you're heading in a direction that could escalate to a very serious situation, seek help."

"These issues can cause people to lose focus, and it's not good for our servicemembers to lose focus. With their high level of responsibility and with fighting the war, there's so much at stake."

The types of problems people are facing are numerous. But, according to Ayers, it's not one particular problem as much as it's a compilation of problems.

"People are losing their jobs, houses and spouses; they're encountering major changes in life situations," he said. "A lot of times it's multiple things that are affecting the way a person functions. Workplace issues, losing a loved one, coming back from deployments, people seek

services for a number of reasons. And suicide in the Air Force is not something that is just focused on the security forces or explosive ordnance disposal Airman. Every job has its own challenges and deserves attention."

Given the nature of people's issues and the crises they face, suicide intervention is not a hard-and-fast process. The process is different for everyone. There might be a few counseling sessions with a chaplain then the individual may be referred to a licensed counselor in the local area. Military OneSource, another confidential option, offers a community counseling based program that provides 12 free counseling sessions with a state licensed therapist. People are allowed to choose the type of counselor they want.

During a suicide intervention, one of the goals is to focus on the potential positives or solutions to the problem.

"When people are suicidal, a lot of times they're so deep into the issue that they don't see a way out," said Ayers. "But there's always a way out. So we start developing a positive outlook, changing a negative conversation into a positive conversation. We begin giving coping skills, ideas for change, and strategies on how to get out of the situation."

"But we don't mask the problems by only focusing on the stuff that makes a person happy. People have real problems with real issues. The question is getting them to see clearly enough to overcome these problems. We help clarify what they're dealing with through our counseling methods," Ayers said.

Just as it's important to for individuals to monitor themselves and seek the help they need, it's important for people to keep an eye on those around them.

"What would you rather do; escort your fellow servicemember to the chaplain, SARC office, or the medical squadron to get the help that they need or escort them to the gravesite?" asks Ayers. "You're going to do one of the two if they're suicidal."

An important peer suicide intervention program is the Ask, Care, Escort (or ACE) program.

Ask: people should not be afraid to ask the question, "Are you thinking about hurting yourself or killing yourself?" Care: show that you care. Care enough to ask, "Why are you thinking about that, what's going on? I'm here for you. Let's talk about this." Escort: stay with them and get them to the help they need.

"ACE is what's going to help you save the life of the person that's fighting and serving next to you," said Ayers.

"The reality is that it is possible to see when people are encountering stress in their life," added Sforza. "It's important to ask them about it. If you know someone is in a time of crisis, you need to try to help them."

As everyone knows, sometimes taking the first step toward help is the most difficult process, but with the myriad of people and tools available, help couldn't be easier to grasp.

"We're talking about life and death," said Ayers. "Don't be worried about perceptions when we talk about life and death. Go find the help."

"I serve my country by keeping the warfighter ready emotionally and spiritually. It's not just a job for me. When someone comes to the chapel and they're hurting and stressed and have issues, I get excited for them because I know they just took a step toward becoming both a better warfighter and a better person," said Ayers.

# AF Reserve commander praises total force

by 1st Lt. Ashleigh Peck  
Air Force District of Washington  
Public Affairs

WASHINGTON (AFNS) -- The Air Force Reserve Command's highest ranking officer discussed the virtues of total force integration in remarks at the 2012 Air Force Association Air and Space Conference and Technology Exposition here Sept. 18.

Lt. Gen. James Jackson, chief of Air Force Reserve and the Air Force Reserve Command commander, described successes ranging from Air Force components working as a whole to the continuity and future for the Air Force Reserve.

"We are a seamless total force and we see that every single day whether you go to a deployed location or any organization

here," Jackson said. "Wherever you go, you will know there is a seamless operation going on with different components including the active duty, Air Force Reserve and Air National Guard -- all three of those bring something special to the organization."

Jackson related the role the Reserve plays in the Air Force's enduring contributions.

"We know that cyberspace is growing, not just for our service but for our nation, and we have the opportunity to go and help with that," Jackson said. "There will be opportunities for the Air Reserve components -- Air Force Reserve and Air National Guard -- if they want to participate in these endeavors."

He also noted Air Force Reserve contributions within the 10 major commands, including Air Mobility Command, Air Combat Command, Air Force Space Command, Air Education and Training



Chief of the Air Force Reserve Lt. Gen. James F. Jackson says that the Air Force Reserve is part of the solution as the Air Force tries to comply with the Budget Control Act that features a \$487 billion DOD budget drawdown over the next 10 years and new strategic guidance that focuses on supporting Pacific Command. The general addressed the Air Force Association's 2012 Air and Space Conference at the Gaylord National Resort and Convention Center in Washington, D.C., Sept. 17-19. (U.S. Air Force photo/Scott M. Ash)

Command, and Air Force Global Strike Command.

"As we bring the active duty and Air Force Reserve together, we see the benefits from that association," Jackson said. "We have Air Force Reserve members teaching in-flight training and it helps with continuity when you have (an experienced) member (who) stays on location for a long time."

The general concluded by saying that he strives to provide Reserve opportunities for Airmen who opt to continue military service.

"We want to offer all of our members the flexibility to be able to change or get in the mission set that fits them so they can continue to serve our nation instead of retiring or separating," Jackson said. "We want to retain every Airman we can as they move from the active component into the Air Force Reserve."

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